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Bangalore Mirror ON SUNDAY

TEMP Max 29 | Min 21 | Humidity 67% Scattered Thunderstorms Sensex 85,571 | Nifty 26,178 | Gold 74,930 | Silver 91,400 | Dollar 83.72 | Euro 93.53 | GBP 111.96

STRAY THOUGHTS

As BBMP seeks help of hotels and pet owners to feed streeties, one ABC centre comes under shadow of doubt as dogs go missing

PAGE 7

JUMBO ISSUE

Conservationists say welfare of jumbos participating in festival compromised each year as guidelines flouted

PAGE 9

Researchers find presence of microplastics in YM Shetty Lake, with maximum quantity at the side close to densely populated residential area that indicates domestic waste is main source

MICRO PLASTIC, MACRO PROBLEM

Pollutants discharged into lake through sewage have serious ill-effects on health

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TWEETS @BangaloreMIRROR

A group of researchers from various research institutes have found a large amount of microplastic in the surface water of Yele Mallappa Shetty Lake. Plastic pollution has been found mainly due to heavy domestic waste disposal in the water body.

A detailed examination of surface water revealed that the most abundant microplastics were fiber, foam, fragments, and film.

The highest abundance of microplastic was found to be due to heavy domestic waste disposal from a densely populated residential area and the lake was heavily polluted by sewage water and human activity.

The second-highest abundance of microplastic was observed in the western part of the lake, facing the highway. Algal growth was found in the northeast corner of the lake, which received the most agricultural runoff, and had less abundance of microplastic compared to other sampling sites.

The study was conducted by researchers from the Indian Institute of Science, Mount Carmel College, University of Ilorin, Nigeria, and

CONTINUED ON PAGE 12 »

“Many studies in the past have connected microplastic exposure to cardiovascular issues. BBMP should immediately arrest the flow of sewage in all city lakes as the first step towards abating this pollution

— Lake expert

Lock, stock and GPS

With spike in 2-wheeler thefts, police suggest measures such as wheel-locking systems, high-quality handle locks and GPS systems

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Police figures show that the city is grappling with a surge in two-wheeler thefts. With around 80 lakh two-wheelers registered in the city and approximately 1,500 to 2,000 new registrations every day, the metropolis is also seeing an average of 14 to 16 two-wheelers being stolen daily over the past three years. In response, the city police have issued a public notice urging citizens to adopt anti-theft measures to safeguard their vehicles.

“We are reaching out to automobile distributors, urging them to incorporate anti-theft measures such as GPS systems during vehicle design and to raise awareness among customers about installing wheel locking systems and using high-quality handle locks. These steps can play a significant role in reducing vehicle theft,” said the Commissioner of Police, B Dayananda

Between 2022 and August 2024, a staggering 13,628 two-wheeler thefts were reported, while only 4,420 cases were detected, underscoring the difficulty in recovering stolen vehicles. According to the data, 4,785 cases were reported in 2022, 5,580 in 2023, and 3,263 until August 2024. However, recovery rates remain low, with only 1,848 vehicles recovered in 2022,

CONTINUED ON PAGE 12 »

2 THINGS TO DO

01 Classic opulence

Drishti Art Centre, a Bharatanatayam and Bharatanrityam institution headed by Karnataka Kalashree Anuradha Vikranth presents "Nrityarpana 2024" celebrating 24 years of journey into classical dance. This evening will feature, Bharatanatyam performances by the students of 'Drishti,' disciples of Anuradha Vikranth. Performed by over 350 artists, they seek to showcase their talents while unfolding our rich cultural tradition through classical dance.
Where: Chowdiah Memorial Hall; When: October 2, 4.30 pm

02 Coffee mixology

Artisanal coffee brand Maverick & Farmer is marking the third edition of its mixology experience, blending innovation with artistry to celebrate International Coffee Day. This unique event offers coffee lovers the opportunity to immerse themselves in the art of mixology, creating their own signature coffee beverages by blending a variety of exciting flavours and ingredients under the guidance of expert baristas. **Where: Maverick & Farmer, Ulsoor; When: October 1, 4–8 pm**

BMS graduation ceremony

BMS College of Commerce and Management, is set to host fourth graduation ceremony at the Four Seasons Hotel on September 30th, 2024. This event will honour the remarkable achievements of 227 undergraduate and 25 Executive Management students who have successfully completed their academic journey. Padmashri Professor Dr John Ebnezar, Indian Orthopaedic Surgeon will be the chief guest, while Aviram Sharma, chairman BMSCCM, will preside over the event. The ceremony will also have the presence of Dr BS.\ Ragini Narayan, Donor Trustee, Member Secretary of BMSET, Dr P Dayananda Pai, Life Trustee of BMSET, as guests of honour to commemorate the academic excellence and accomplishments of the graduating class of 2024. The graduation ceremony marks the culmination of years of hardwork and dedication.

SAY NO TO EXPLOITATION I.T. NEEDS NEW LEGISLATION
DON'T JUST REPLACE, RE-PLACE
LOOK BEYOND THE REGIONAL FIGHTS AND UNITE FOR WORKERS RIGHTS

Say no to exploitation

Members of IT / ITES sectors Bengaluru protest for labour rights of workers, at Freedom Park in Bengaluru on Saturday

373 more government schools to have English-medium classes

While phase two of introducing English-medium classes in govt schools is welcomed, parents disappointed that they were not informed earlier

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BBMP school children with tablets, laptop and smart board in a class room in Srirampura school (File photo)

The Department of Education has decided to introduce English-medium classes in 373 more government primary schools across the state from this academic year. This move comes in response to the growing demand for English-medium education. The state government had announced in the 2024-25 budget that English-medium classes would be introduced in 2,000 schools. Following this, in the first phase, 1,419 government schools have been selected to start English-medium instruction for Class 1 alongside the existing Kannada and other mediums.

An official said, "The department has instructed schools to use local resources for teaching English, and guest lecturers will be employed where needed. This decision follows increasing requests from parents, representatives, and school development committees for English-medium education."

Permission granted after school started

After four months into the academic year, the government has now given approval for English-medium classes, leaving many economically disadvantaged parents frustrated. Typically, private schools complete admissions in April/May. Parents have expressed anger, saying if they had been informed earlier, they wouldn't have had to take loans to enroll their children in private schools.

A total of 126 schools with English-medium classes have begun in Bengaluru, 165 in Dharwad, and 82 in Mysuru. Within Bengaluru city, only four schools will receive English-medium classes, while the remaining 122 schools will be distributed among districts such as Kolar, Doddaballapura, Chitradurga, Davanagere, Ramanagara, and Shivamogga. To qualify for English-medium instruction, each school must meet certain criteria. There must be a minimum of 16 students enrolled in Class 1, and the total school enrollment must exceed 100 students.

"As a parent, I welcome the government's decision to introduce English-medium classes in government schools. It's a positive step toward providing quality education, especially for children from economically weaker sections who cannot afford private schooling. English is a global language, and having my child learn it from the beginning will open up better opportunities in the future. However, I am frustrated with the timing of this announcement. The academic year has already started, and like many parents, I had no choice but to enroll my child in a private school, taking on additional financial burdens," said Sunita Narayan, a parent. She added that if only this decision had been made earlier, she could have avoided the stress of paying high fees, and that her child could have received an education in the local government school itself. "Despite the delay, I appreciate the move and hope the government ensures that there are enough qualified teachers to make the English-medium education effective. The success of this initiative will depend on its implementation, and I hope it won't be a temporary effort but a sustained one that continues to benefit children for years to come. I also urge the authorities to communicate such important decisions earlier in the future," she emphasised.

Lorry rams auto, 1 passenger killed

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A head-on collision between a loaded lorry and an auto rickshaw near the Vidhana Soudha Coffee Board signal in the early hours of Saturday resulted in the death of a passenger, identified as Shalini. The incident occurred around 4 am when the auto, driven by Imran, was en route from Benson Town's Chinnappa Garden to drop off passengers at Majestic.

According to police officers, the lorry reportedly jumped the red signal, crashing into the auto. Imran, the auto driver, was uninjured and described the chaotic scene, stating he had picked up passengers when the lorry barreled through the intersection. The collision left Shalini with severe injuries, and her body was later sent to Bowring Hospital for a post-mortem examination.

Cubbon Park traffic police arrived at the scene to assess the situation and gather evidence. They were able to track down the lorry driver, who initially fled the scene. During interrogation, he revealed that he had been feeling sleepy and did not notice the traffic signal before the accident.

Gang attack fueled by old feud

A gang of around seven men broke into a house in the Kapila Nagar 4th Cross area and attacked three persons, resulting in serious injuries. The altercation stemmed from an ongoing feud between Narendra, known as Dasa, and Ramesh, referred to as Paitlu.

CRIME FILES

On the night of the attack, Narendra was hosting a party with five friends Baira, Vicky, Shivu, and Darshan—when Ramesh's gang stormed in armed with knives.

The attackers targeted Narendra, who suffered a head injury, while his friends attempted to intervene and were also assaulted.

The violent confrontation was not unexpected, as there had been previous altercations between the two gangs. Just two days prior, Narendra had been visiting a friend, providing Ramesh's gang an opportunity to retaliate.

The Rajagopal Nagar police have filed a case against six persons, including Ramesh, Sanket, Tejas, Manjunath, Dixit, and Arun.

Bomb hoax threat to Taj Westend Hotel

A bomb hoax was reported at the prestigious Taj Westend Hotel, a popular destination for politicians and cricketers, after criminals sent a threatening email. Upon receiving the alert, the local police and bomb squad swiftly arrived at the scene to investigate the threat.

Security measures were heightened as authorities conducted thorough checks of the premises to ensure the safety of guests and staff. While no explosive devices were found, the police have initiated an investigation to trace the source of the email threat.

Officials are urging anyone with information regarding the incident to come forward as they work to ensure the safety and security of the hotel and its patrons.

Electoral Bonds 'extortion': Court orders FIR against Sitharaman

UNION MINISTER NIRMALA SITHARAMAN ACCUSED OF ELECTION REAL BOND SCAM. OLD RESIGN EDIATELY.
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ACCUSED OF ELECTION ILLEGAL BOND SCAM.
TAKE ACTION AGAINST YEDDYURAPPA, KUMARASWAMY, THE PERPETRATORS
ರಾಜೀನಾಮೆ

The Special Court of People's Representatives in Bengaluru has ordered the filing of a First Information Report (FIR) against Union Minister Nirmala Sitharaman and several others for alleged extortion linked to the controversial Electoral Bonds scheme. The directive follows the submission of PCR No. 4880/2024, which outlines claims of coercive tactics used to solicit funds from corporations.

According to court documents, the alleged modus operandi involved Sitharaman leveraging the services of an accomplice to conduct raids, seizures, and arrests of various corporate executives, including CEOs and Managing Directors. Fearing repercussions from these actions, numerous corporations were reportedly coerced into purchasing Electoral Bonds worth crores of rupees, which were later encashed by other accused individuals.

The extortion scheme is alleged to have been orchestrated in collusion with officials of the Bharatiya Janata Party (BJP) at multiple levels. Notably, corporate giants such as Sterlite and Vedanta, led by businessman Anil Agarwal, were subjected to repeated raids.

Allegedly, Agarwal was pressured to purchase Electoral Bonds amounting to ₹230.15 crores between April 2019 and November 2023.

The court has instructed the jurisdictional Station House Officer (SHO) of Tilak Nagar police station to take immediate action on the FIR.

Detailed analyses of the alleged extortion activities and supporting evidence are included in the court submissions. **BMB**

SIT raids Munirathna's residence, 15 other locations

The Special Investigation Team (SIT) probing charges against arrested BJP MLA N Munirathna Naidu, including allegations of rape, honey-trapping, and other offences, on Saturday conducted raids at his residence and 15 other locations across the city.

The operation is being conducted by the SIT under the Criminal Investigation Department (CID) led by ACP Kavitha. The team is examining documents, electronic devices, and other materials related to the rape and honey-trapping case. The SIT is being supported by experts from the Forensic Science Laboratory (FSL), with Superintendent of Police (SP) Sowmya Latha also participating in the search and inspection at Munirathna's Vyalikaval residence.

According to sources, the raids were triggered by information provided by the victim, who alleged that Munirathna recorded footage of sexual assaults and used it to blackmail politicians and public servants, including IAS and IPS officers.

The victim reportedly revealed that she was used to entrap the woman who had lodged a rape case against a senior IFS officer. She was allegedly instructed to frame the rape victim in a drug peddling case. **IANS**

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Unhealthy lifestyle & diets not good for your heart

Health minister speaks about various aspects of health that can help reduce heart disease burden; urges people to stay active, cut down on unhealthy food

During the World Heart Day prog on Saturday, Health Minister Dinesh Gundu Rao emphasized that the increasing prevalence of heart-related diseases is primarily due to changes in lifestyle and unhealthy dietary habits.

Speaking at a health awareness walk held in Bengaluru on Saturday, the minister highlighted the role of processed foods and poor lifestyle choices in the rising number of cardiovascular diseases.

Minister Rao stressed the need for people to reduce their consumption of processed foods, stating, "We need to minimize our intake of processed foods as much as possible. Many processed foods contain high levels of sugar, which in turn leads to an increase in diabetes. Conditions like diabetes and hypertension are key factors that contribute to heart diseases. It's important that people realize this."

It is time to adopt healthier habits

He further explained the importance of adopting healthier habits, urging the public to be more conscious about their health. "Building good habits is crucial. People need to take greater responsibility for their health and make informed decisions regarding their diet and lifestyle. Prevention is always better than cure," he noted.

The minister also spoke about the measures taken by the health department to tackle sudden heart attacks. Through the 'Puneeth Rajkumar Hridaya Jyothi' initiative, the government has been providing effective treatment for those suffering from heart attacks.

"This has made a significant difference in the treatment of heart attack patients, ensuring timely care even in rural areas. Today's awareness walk was organized by the Tathagata Heart Center in Bengaluru, and it aimed to spread awareness about heart health among the general public. The walk saw participation from people from various walks of life, highlighting the growing concern about heart disease in the community," he said.

Minister Gundu Rao concluded by reiterating the importance of public awareness and the collective responsibility of individuals to take care of their health.

Meaningful choices

"Our society needs to embrace healthier living. Everyone should focus on making better food choices, leading active lives, and reducing stress. By doing so, we can prevent many lifestyle-related health issues, including heart disease," he said. With initiatives like the Hridaya Jyothi program and public awareness campaigns, the government is aiming to address the alarming rise in heart-related diseases.

> **"Our society needs to embrace healthier living. Everyone should focus on making better food choices, leading active lives, and reducing stress**
> – Dinesh Gundu Rao, Health Minister

What the initiative is all about

"Under this initiative, nearly 200,000 heart screenings have been conducted, and ECGs have been performed on 181,000 individuals," said Gundu Rao. He added that the government has been providing Tenecteplase injections free of charge in government hospitals at the taluk level, which has been a great relief for the common man.

Minister Gundu Rao assured that the state would continue its efforts to promote health awareness and improve access to essential healthcare services, especially for cardiovascular health. As heart disease continues to be a growing concern, events like these are a reminder of the need for regular health checkups, lifestyle changes, and government support in fighting the problem.

Several citizens participated in the health awareness walk held in Bengaluru on Saturday

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Rising cases of heart attack cases is global concern now

Recently, a 13-year old boy died of a heart attack. In fact, in recent years, the global incidence of heart attacks has been steadily increasing, affecting people across all demographics. A heart attack, or myocardial infarction, occurs when the blood flow to the heart is blocked, often due to a buildup of fat, cholesterol, and other substances in the coronary arteries.

This rise in heart attack cases has become a significant concern, especially as more young individuals are being affected. On World Heart Day, it is crucial to understand the factors contributing to this rise, recognize the symptoms, and adopt healthy lifestyle changes to reduce the risk of heart disease.

Major contributors

A cardiologist said, "One of the major contributors to the increase in heart attack cases is the modern sedentary lifestyle. With jobs increasingly requiring people to sit for long hours and technology promoting inactivity, physical movement has taken a backseat in daily life. This lack of physical activity not only contributes to weight gain but also weakens the cardiovascular system, increasing the risk of heart disease. In addition, dietary choices play a significant role in heart health. The consumption of processed foods, high in trans fats, salt, and sugar, has led to a rise in obesity, high cholesterol, and hypertension, all of which are key risk factors for heart attacks. Coupled with the global surge in fast food and sugary beverages, people are more likely than ever to suffer from heart-related illnesses."

Stressful lifestyle

He said that another factor contributing to the rise in heart attacks is stress, which has become a ubiquitous part of modern life. Chronic stress, often due to demanding work environments, financial pressures, or personal issues, leads to the release of hormones like cortisol, which can increase blood pressure and cholesterol levels. Prolonged stress weakens the heart over time, making individuals more susceptible to cardiovascular events. Moreover, mental health issues such as anxiety and depression can also take a toll on heart health.

Aging increases risk

Aging is another factor that increases the risk of heart attacks, though younger individuals are not immune to the problem. As people live longer, the risk of heart disease naturally rises, but poor lifestyle choices made in youth, such as smoking, excessive alcohol consumption, and poor dietary habits, accelerate the process. Alarmingly, more young people are experiencing heart attacks due to their unhealthy lifestyles, which include high levels of stress, poor diets, and lack of exercise.

Common symptoms

"Recognizing the symptoms of a heart attack is crucial for early intervention and survival. The most common symptom is chest pain or discomfort, often described as a feeling of pressure, tightness, or squeezing. However, symptoms may vary and include shortness of breath, pain in the arms, neck, jaw, or back, cold sweats, lightheadedness, and nausea. If you or someone you know experiences these

symptoms, it is vital to seek emergency medical help immediately, as timely treatment can make the difference between life and death. While heart attacks are a serious threat, many cases are preventable through simple lifestyle changes. Regular physical activity is one of the most effective ways to maintain heart health. Engaging in at least 150 minutes of moderate-intensity exercise per week, such as brisk walking, cycling, or swimming, can significantly reduce the risk of heart disease. Exercise strengthens the heart, improves circulation, and helps manage weight, blood pressure, and cholesterol levels", the cardiologist added.

Take care of diet

Experts say that diet also plays a crucial role in heart health. A balanced diet rich in fruits, vegetables, whole grains, and healthy fats can reduce the risk of heart disease. Reducing the intake of saturated and trans fats, found in processed and fried foods, as well as limiting salt and sugar, can prevent the buildup of plaque in the arteries. Consuming more fiber-rich foods like oats, brown rice, and vegetables helps lower cholesterol, while incorporating heart-healthy fats from sources such as avocados, nuts, and olive oil supports overall cardiovascular health.

Managing stress

"Managing stress is equally important in protecting the heart. Chronic stress can lead to high blood pressure and inflammation, both of which are harmful to the cardiovascular system. Incorporating relaxation techniques like yoga, meditation, or deep breathing exercises into daily routines can help alleviate stress. Setting aside time for hobbies, spending time with loved ones, and practicing mindfulness can improve mental and emotional well-being, which, in turn, benefits heart health," an expert said.

Regular health check-up

Another critical preventive measure is avoiding smoking and limiting alcohol consumption. Smoking damages the lining of the arteries, leading to atherosclerosis, while excessive alcohol intake can lead to high blood pressure and irregular heart rhythms. Quitting smoking and moderating alcohol intake can drastically reduce the risk of heart disease. Regular health check-ups are also essential for early detection and management of risk factors such as high cholesterol, high blood pressure, and diabetes. Routine screenings allow healthcare professionals to identify issues early on. "Through lifestyle changes such as regular physical activity, a heart-healthy diet, stress management, and regular medical check-ups, individuals can significantly reduce their risk," said a cardiologist.

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Be Aware of Your Heart Care: Don't Neglect It – The Right Solution Awaits at Kauvery

As we observe World Heart Day, it's crucial to remind ourselves of the importance of heart health. Heart disease remains one of the leading causes of death worldwide and neglecting early signs of heart issues can lead to life-threatening consequences. At Kauvery Hospital, we are dedicated to ensuring that heart care is not only accessible but also efficient and tailored to individual needs.

Our team of heart specialists emphasizes that understanding your heart's health is the first step toward preventing severe complications. Here's what you need to know about heart care and why early intervention can save lives.

The Silent Nature of Heart Disease

Heart disease often progresses silently. Many individuals may not experience noticeable symptoms until the condition has worsened significantly. According to Dr. Deepak Krishna Murthy, a senior cardiologist at Kauvery Hospital, this is why routine check-ups and heart screenings are essential, especially for those over the age of 40 or with a family history of heart conditions.

"Most people only think about heart problems when they experience chest pain or discomfort. However, the early signs of heart disease can be much more subtle, such as fatigue, shortness of breath or even digestive issues. If ignored, these symptoms can lead to severe conditions like heart attacks or heart failure," explains Dr. Deepak Krishnamurthy.

Early Diagnosis and Treatment

The good news is that early diagnosis can make a significant difference. At Kauvery Hospital, we offer comprehensive heart screenings, including ECGs, stress tests and advanced imaging technologies that help detect issues before they become severe.

"Our advanced diagnostic tools allow us to identify potential heart problems even before symptoms appear. This enables us to take a preventive approach and recommend lifestyle changes or treatments that can improve the patient's heart health and prevent future complications," says Dr Deepak Krishnamurthy.

Preventive Care and Heart Health Tips

Dr. Deepak Krishnamurthy suggests that the key to maintaining a healthy heart is a combination of regular screenings, a healthy lifestyle and early intervention when needed. Here are a few preventive measures everyone should follow:

Dr. Deepak Krishnamurthy
HOD - Interventional Cardiology

Maintain a Balanced Diet: Eating a heart-healthy diet rich in fruits, vegetables, whole grains and lean proteins helps reduce the risk of heart disease. Limit processed foods, excess salt and sugar, which can contribute to high blood pressure and cholesterol.

Exercise Regularly: Engaging in physical activities such as walking, swimming or cycling for at least 30 minutes a day can strengthen your heart and improve circulation.

Manage Stress: High stress levels can elevate blood pressure, which puts extra strain on your heart. Practice relaxation techniques such as yoga, meditation or deep breathing exercises to keep stress under control.

Quit Smoking: Smoking is one of the leading risk factors for heart disease. Quitting smoking not only improves heart health, but also benefits overall well-being.

Monitor Blood Pressure and Cholesterol Levels: Regularly checking your blood pressure and cholesterol levels helps catch problems early. High blood pressure or high cholesterol often has no symptoms, but can significantly increase your risk of heart disease.

Don't Wait for Symptoms to Worsen

If you experience any of the following symptoms, it's important to consult a heart specialist immediately:

- Persistent chest pain or discomfort
- Shortness of breath
- Unexplained fatigue or weakness
- Dizziness or fainting
- Swelling in the legs, ankles or feet

"Our message this World Heart Day is clear: don't wait for symptoms to worsen before seeking help. Early intervention can save lives and at Kauvery Hospital, we provide the best possible care to ensure our patients receive timely and accurate diagnoses," advises Dr. Deepak Krishnamurthy.

Advanced Heart Care at Kauvery

Kauvery Hospital is equipped with state-of-the-art technology and a team of highly skilled cardiologists and surgeons who are committed to providing top-tier heart care. From preventive screenings to advanced treatments like angioplasty, stenting and heart surgeries, we ensure that every patient receives personalized care based on their specific needs.

Our goal is to make heart care simple and accessible, giving you peace of mind when it comes to your health. Whether it's a routine check-up or a complex heart procedure, Kauvery Hospital is your trusted partner in heart health.

Take Action Today

On this World Heart Day, make a commitment to your heart. Don't neglect the small signs – they could be warning you of a bigger issue. At Kauvery Hospital, we are here to help you every step of the way. Schedule a heart screening, consult with our specialists and take control of your heart health today. For more information or to book an appointment, contact Kauvery Hospital.

About Kauvery Hospital

Kauvery Hospital, located in Marathahalli, Bengaluru, is a multi-specialty hospital known for providing world-class healthcare services. With a team of experienced doctors and advanced technology, Kauvery offers specialized care in cardiology, ensuring that patients receive the best possible treatment for heart conditions.

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Traffic relief: New road promises to end chaos

Deputy CM states that new 3.2-km road in Bengaluru could reduce travel time from an hour to less than 10 minutes

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Defence department has agreed to give 12.34 acres of land to BBMP for the road widening project between Lower Agaram and Sarjapur

A 3.2 km greenfield road in the city centre could soon reduce travel time from Intermediate Ring Road (IRR) near Ejipura to Bellandur from an hour to under 10 minutes. Additionally, the long-awaited road widening project between Lower Agaram and Sarjapur is progressing, as the Defence Department has agreed to grant 12.34 acres of land to the Bruhat Bengaluru Mahanagara Palike, along with in-principle approval for an extra 10.77 acres.

Deputy Chief Minister DK Shivakumar, who oversees Bengaluru Development, discussed the land allocation with Lieutenant General Basant Kumar Repswal, Commandant of Army Service Corps (ASC) Centre College, at Vidhana Soudha on Saturday. "Previously, it took about an hour to travel from MG Road to the Bellandur area. Once this road is constructed, the travel time will reduce to about 5-8 minutes," Shivakumar explained. He also mentioned, "I, along with the Chief Minister, had approached the Central Defence Ministers. The Ministry of Defence responded positively to our request and has decided to allocate a total of 22 acres for the road." The DyCM further revealed that the tender for the first phase of the 3.50 km construction project has been called for 35 crore. He noted, "The Defence Department still needs to allocate 10.77 acres for new road construction in areas like Trinity Circle and Ejipura. This will alleviate the traffic congestion faced by those heading to the IT hub."

Shivakumar acknowledged the support from the Defence Department, stating, "They have already handed over 12.34 acres of land to BBMP. We have invited and congratulated Lieutenant General Basant Kumar Rekswal, who is retiring on the 30th, for his cooperation in this matter." He emphasised the project's significance, saying, "This project will significantly benefit the citizens of Bengaluru, particularly those travelling to the IT hub and residents of East Bengaluru." Reflecting on community concerns, he mentioned, "After taking over the responsibility for urban development in Bengaluru, I listened to the issues faced by people living around Bellandur and the adjacent IT hub areas. I used to receive 8-10 emails daily regarding traffic congestion, and this has now led to a resolution."

> **"Previously, it took about an hour to travel from MG Road to Bellandur area. Once this road is ready, travel time will reduce to 5-8 min** – Deputy CM

Additionally, he indicated a need for land near the Hope Dairy Farm by Hebbal for the tunnel road entrance, stating, "We will be proposing the allocation of two acres for this purpose." He expressed his commitment to securing the necessary land, remarking, "I have made considerable efforts to acquire this land from the Defence Department and have been in constant contact with them. I have met with the Defense Department ministers and the Prime Minister to present our request." When asked about the Defence Department's requirements for the land transfer, Shivakumar responded, "They requested that basic infrastructure be provided in exchange for the land, and we will comply with that."

Premium 3D trend takes over home interior mood

Bengaluru's housing boom drives 66% of buyers to choose personalised design services

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TWEETS @BangaloreMIRROR

A surge in demand for residential units has prompted builders to launch new housing projects. This increase has, in turn, led to a rise in demand for interior design services. Buyers are keen to personalise their living spaces, reflecting a trend toward premiumisation. Notably, the demand for home interiors in Bengaluru has reportedly tripled over the past three years, showing a 40% increase post-COVID.

Statistics from NoBroker indicate that 66% of buyers in Bangalore want to personalise their spaces using interior services from organised providers. Before committing to costly renovations and purchases, buyers are turning to 3D designs to get a more realistic view of their spaces. The visual representation in 3D models helps them make informed choices. This is where organised players have an edge.

The budget for buyers seeking 3D interior design ranges between 8 to 15 lakh. 3D designs involve creating objects or scenes in three dimensions, length, width, and height, using specialised software. This approach allows for a comprehensive view of the space from various angles, showcasing details like furniture placement, appliance positioning, and the application of colours and textures.

Amit Agarwal, CEO & co-founder of NoBroker said, "'In today's fast-paced world, buyers are increasingly seeking precision and personalisation in their living spaces. Our data shows that the demand for 3D designs has surged dramatically, reflecting a shift towards a more informed and satisfying home renovation experience. Clients who utilise 3D models are 85% more satisfied with their final outcomes."

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Littered walkway
Bannerghatta

The footpath outside an eatery on Devarachikkanahalli Main Road in Bilekahalli, Bannerghatta Road, is consistently littered with leftover food, attracting crows and stray dogs, and making it unusable for pedestrians.

Narrow footpath
Whitefield

The footpath at the junction of ECC Road and Outer Circle Road in Whitefield is in poor condition, making it difficult and unsafe for pedestrians to navigate the already narrow road.

Vendor congestion
Jayanagar

On 10th Main, 4th Block, Jayanagar, near the shopping complex, footpaths are congested with roadside vendors, significantly inconveniencing both vehicular and pedestrian movement as they occupy the entire footpath.

BBMP wants a hand to feed strays

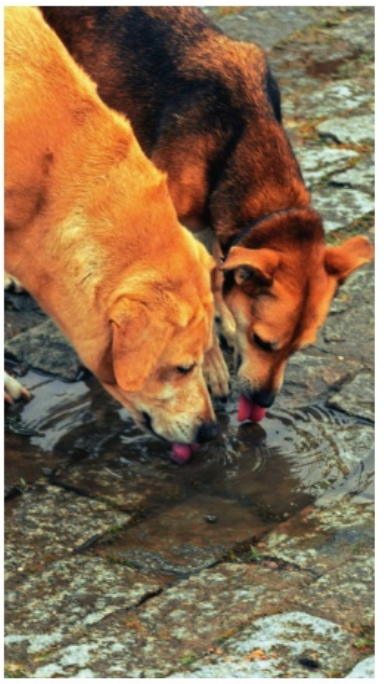
New project by palike will provide food for street dogs; pet and hotel owners are invited to register and promote kindness and coexistence with community animals

| Sridhar.Vivan
@timesofindia.com
TWEETS @sridharVMIRROR

Bruhat Bengaluru Mahanagara Palike is now planning to rope in civic workers and private hotels to feed street dogs. BBMP's Special Commissioner (Health and Animal Husbandry) Vikas Kishor Suralkar, announced that a new pilot project is being developed to ensure the provision of food for street dogs in areas under BBMP. He said, "It has come to the BBMP's attention that in several areas of the city, community animals, particularly street dogs, are not receiving even one meal a day. Experts have noted that this is leading to aggressive behaviour among dogs. To address this, the BBMP plans to coordinate with pet owners, civic workers, hotel owners, health department staff, and other interested parties to ensure proper food distribution to these animals."

Implementation

Animal lovers will be given the opportunity to register to provide food for the animals. Civic workers and private hotel owners will also be involved, and specific feeding points will be identified to ensure that street dogs receive proper nutrition. This initiative will be implemented in selected areas as a pilot project, and feedback will be collected from all stakeholders. If successful, the campaign will be extended



to all wards under BBMP's jurisdiction. "Along with strengthening caretakers' support for community animals, the BBMP is also building the capacity to support post-surgery care, medical supervision, and rehabilitation for animals in need across different zones," he said.

Pet owners registration

Kishor said, "Pet owners who are feeding street dogs within the BBMP limits will be allowed to register with the BBMP Animal Husbandry Department. A registration link will be provided through the department's social media channels on X, Facebook, and Instagram (@bbmp_animalhusbandry). The registration will commence on October 2 and will be open until October 31. However, registration is not mandatory. This process aims to facilitate the planning of the campaign and create a sustainable database for the BBMP. Through this campaign to feed street dogs, the BBMP encourages citizens to embrace empathy and the benefits of peaceful coexistence with animals, becoming "Coexisting Champions" by joining hands with the civic body. It also calls for more residents to get involved in caring for community animals in their areas. The BBMP Animal Husbandry Department is taking various steps to address issues related to street dogs, and citizens can call the BBMP helpline at 1533 for any assistance they require."

> **BBMP is also building the capacity to support post-surgery care and medical supervision for animals in need across zones** –Vikas KS, BBMP

Case of missing mutts

The Bruhat Bengaluru Mahanagara Palike's (BBMP) Animal Birth Control (ABC) centre in the Bengaluru East zone has come under scanner by animal welfare workers and community dogs' caretakers in the area.

Workers allege the centre has lost multiple street dogs after it picked them up for birth control surgeries.

Nearly a month ago, two dogs, named Chintu and Dummu were picked up by the Veterinary Society for Animal Welfare and Rural Development (VSWARD), BBMP's ABC centre in the area, from CV Raman Nagar without informing caretakers.

"When we contacted BBMP's official from the Animal Husbandry Department, we were told that Dummu had been involved in a dog bite case. No information about Chintu was provided," said an animal welfare worker.

They also allege that despite repeated follow-ups, Dummu has not returned. Caretakers then visited the BBMP's Queens Road centre on September 15 and found Dummu at the centre.

"However, we could not find Chintu. We enquired around and a resident informed us that Chintu was picked up on August 31 by VSWARD for vaccination on request by another resident in the area. We reached out to BBMP officials but they denied any information," alleged the caretaker. The centre in charge confirmed that the dog was

Chintu, a senior dog picked up by VSWARD, is missing, with no record of his pickup at centre

picked up and he escaped from the centre.

"Now the centre says that they picked up the dog but there is no record of his pick up at the centre. Chintu is a senior dog who has been recently vaccinated and neutered as well. There have been multiple such cases over the last one month. VSWARD has picked up at least three dogs for ABC/ARV (Anti-Rabies Vaccination) in the last month but these dogs have not returned," claimed a member of an NGO in the city.

However, when BM reached out to VSWARD, they confirmed only one case of a missing dog.

"There has been only one such incident in the past month. Such accidents happen on rare occasions. We are not leaving any stone unturned in tracing the dog. Search for the animal is still on," said Dr Piran, advisor to VSWARD. —BMB

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BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

IDYLLIC CREATION
The magnificent Magodu Falls gushes gracefully amidst dense greens, nurturing every living creature in the surroundings

The picture was clicked by BM reader **Guruprasad CG**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesofindia.com**

DID YOU KNOW?

It's inaccurate to say that you "sweat like a pig." Actually, pigs don't sweat. Additionally, unlike other animals, they do not pant to lower their body temperature. They are unable to effectively remove hot air due to their very small lungs. They also lack the benefit of fur insulation and have substantial fat beneath their skin. They are more susceptible to sunburn and hot temperatures as a result. One explanation for their mud-wallowing behavior during hot weather is this. Their goal is to remain cool.
The ideal temperature range for swine is between 10 to 24 degrees Celsius, according to Penn State Extension scientists. Any temperature above 26 degrees can be fatal, particularly for pigs weighing more than 45 kilograms. Offer them a mud puddle in the shade or give them a sprinkler or garden hose spray to help cool them down.

GET HEARD WITH MIRROR

9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAPTHECHATTER

where Bengalureans speak their mind

How would you describe the weather in Bengaluru, and how does it affect your daily life?

Shruti Mandal, BM Reader
The weather here is in Bengaluru pleasant and cool, but the unannounced showers bring a little disappointment as it catches us off guard and disrupts our daily lives.

Priyantika, BM Reader
I think the weather here in Bengaluru is amazing and chilly, like there is a sense of moderation in the air, it's neither warm nor cold. I just think that the sudden rains make it a little difficult to navigate our lives in the city.

Chandra Sekhar, BM Reader
The weather in Bengaluru suits most people. It's neither humid, nor really cold and always pleasant. It keeps people at ease with no much irritation.

Surbhi, BM Reader
I think the weather here is quite pleasant and cool. But rains are a very frequent occurrence, so people who depend on public transportation have a hard time.

Mohan Negi, BM Reader
I think you have to be very careful in Bengaluru, regarding your health as the weather changes real quick, it is very unpredictable. It could result in people falling sick often.

Srishti Sharma, BM Reader
One of the reasons that I shifted to Bengaluru was because my cousins would always talk about how good the Bengaluru weather was, which I firmly agree after I have settled here.

SPEAK TO US

In your opinion, what role does Bengaluru play in shaping the future of technology and innovation in India?

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at WhatsApp us on 9591233247 or mybangaloremirror@timesofindia.com

Make way for Golden Chariot

Karnataka Tourism Department plans to revive luxury train which journeys through prominent southern states, now at lower fare

Sridhar Vivan
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TWEETS @sridharvMirror

Since its launch in 2008 and despite modern amenities, golden chariot was suspended twice, during pandemic and last year, due to continued losses

The Golden Chariot offers a week-long luxury journey through Karnataka, Kerala, Tamil Nadu, & Goa, at ₹1.15 to ₹1.30 lakh per person

The Karnataka Tourism Department is planning to revive the luxurious 'Golden Chariot' tourist train, which connects prominent destinations across Karnataka and other southern states. There has been increasing demand from affluent travellers to bring back the iconic Golden Chariot, a source of pride for Karnataka. The state government, having already introduced a new tourism policy aimed at stimulating growth, intends to cater to the travel needs of not just the wealthy but also the middle-class, students, and lower-income groups. In this regard, the Karnataka State Tourism Development Corporation (KSTDC) has presented a proposal to relaunch the Golden Chariot to which the Tourism Minister HK Patil has expressed support for the initiative. The train had previously faced operational difficulties, mainly due to its high costs, which resulted in significant losses. To address this, the central government has recommended lowering fares to improve the train's viability.

Tourism Minister HK Patil, during a recent meeting chaired by Union Minister of Tourism and Culture Gajendra Singh Shekhawat, reiterated the state's commitment to restarting the service. The discussion focused on aligning the Golden Chariot with the Bharat Gaurav Railway Policy and lowering travel fares to include religious and heritage sites in its itinerary. Launched in 2008 by KSTDC, the Golden Chariot offers a week-long luxury journey through Karnataka, Kerala, Tamil Nadu, and Goa. Despite modern amenities, its services were suspended twice—once during the pandemic and again last year due to continued losses. A one-week trip costs between Rs 1.15 to Rs 1.30 lakh per person.

Elephant in the room

Debate around use of captive elephants stirred once again ahead of festival

| Garima Prasher
garima.prasher@timesofindia.com

TWEETS @BangaloreMIRROR

A recent encounter between two Dasara elephants, Kanjan (weighing 4,515 kg) and Dhananjay (5,155 kg), has rekindled debate around the use of captive elephants in the annual festival of Dasara.

Elephant experts and conservationists argue that the welfare of elephants participating in the festival is severely compromised each year, as numerous rules and regulations, such as the captive elephant guidelines by the Ministry of Environment, Forest and Climate Change (MoEF&CC), recommendations from the Karnataka Elephant Task Force (KETF), and various court orders, are defied.

For instance, KETF recommended in 2012 that the 750 kg golden howdah carried by the lead elephant in the Dasara procession should be replaced with a much lighter replica or carried in a chariot drawn by the elephant.

"The golden howdah should be replaced as a demonstration of the State's commitment to addressing both the conservation challenges facing wild elephants and the welfare concerns of captive elephants. Such a symbolic gesture, especially as something that crowns a series of measures to further elephant-human coexistence in Karnataka, could make the state a national and international leader in elephant conservation," said the task force.

Some wildlife experts suggested that the golden howdah can be replaced with one made of sandalwood and covered with golden plates.

However, these recommendations were never acted upon.

Experts say elephants may be known for their strength and size, but their spines naturally extend upwards and thus their backs are not designed to carry much weight.

The tightly fastened rope to keep the howdah and gadhi in place does not allow the elephant to breathe normally.

Experts believe that although no studies have been conducted to determine the long-term effects of carrying heavy loads, participating in processions with hundreds of kilograms on their backs can be a painful experience for elephants.

"The total weight that the main elephant carries during the procession would be around 1,000 kg. While their legs are made to carry weight, their backbones are much more fragile. It also makes them feel warm as thermoregulation is compromised. This was probably the reason why Arjuna tilted the howdah to the left during one of the Dasara processions. The tightly fastened rope does not allow their lungs to expand too," said an expert.

According to Ramesh Belagere, a wildlife researcher at the Foundation of Ecology and Education Development, using the elephants in the procession itself is a violation of captive elephant guidelines.

"These are just a couple of examples of how rules and guidelines made for the welfare of the elephants and their conservation are not followed during the festival. Given the scenario, live elephants should be replaced with mechanical elephants during this annual festival," said Ramesh.

Notably, a 3-metre-tall mechanical elephant weighing 800 kilograms was recently gifted to the Sri Siddalingeshwara Swamy Temple by Compassion Unlimited Plus Action (CUPA) and People for the Ethical Treatment of Animals (PETA). This was in response to the temple's commitment to never hiring or keeping real elephants.

According to a PETA representative, the cost of each mechanical elephant varies as they are custom-made by a few different artisans to meet the temple's requirements. The cost is usually between Rs 5 lakh to Rs 6 lakh. That includes a fully operational mechanical elephant, a moving base, aesthetic painting, and transportation to the temple.

"While live elephants are still used during Mysuru Dasara processions, technology might change that, while allowing devotees to maintain their age-old traditions while enabling elephants to remain in their jungle homes and protect humans from attacks," said the representative.

> **"Total weight that the main elephant carries during the procession would be 1,000 kg. While their legs are made to carry weight, their backbones are fragile**
>
> –Expert

Retired elephant to participate?

Forest Minister Eshwar Khandre announced the list of 14 elephants set to participate in Mysuru Dasara during the International Conference on Human-Elephant Conflict Management 2024 on August 12. The ceremonious Gajapayan, marking the elephants' march from their camps to Mysuru for the festivities, was flagged off on August 21. Among the 14 elephants is Varalakshmi, a 68-year-old female weighing 3,495 kg.

The MoEF&CC guideline on captive elephants says that retired elephants (above the age of 60) should only be put to light work and should be under constant supervision of a trained veterinarian.

"Are we short of young elephants to participate in the procession? A 68-year-old elephant is being made to perform while younger elephants are being given away to other states. Officials and veterinarians had selected a pregnant elephant to participate in the procession during the festival last year. Such mistakes keep getting repeated," added Belagere.

Practice inherently cruel

To participate in the Vijayadashami procession, elephants are often captured via the Khedda method made to travel from Nagarhole National Park base to Mysore in batches in trucks.

During the procession, jumbos are forced to walk over nearly five kilometres with heavy weights on their backs. This, when clubbed with the loud chaos of the crowds, fireworks (including multiple rounds of canons), and music, can agitate the animal.

Experts say it can be a traumatic experience for the jumbos considering that elephants can hear the calls of other elephants from up to 1.5 km away. A couple of years ago, an elephant in Karnataka carrying a heavy howdah went berserk and began chasing around the human crowd.

"The practice is inherently cruel. The animals are not only subjected to loud sounds but are made to walk for kilometres on paved surfaces. Multiple rounds of canons are fired while drummers beat drums incessantly and dancers perform on loud music. A crowd of thousands adds to the commotion. As per a Supreme Court order, elephants cannot be made to work for more than three hours at a stretch. Dasara procession goes on for at least five hours," said a wildlife conservationist on condition of anonymity.

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Recovery rate of stolen 2-wheelers remains low

CONTINUED FROM PAGE 1

1,793 in 2023, and a mere 779 vehicles so far in 2024.

The police have identified several contributing factors to the rampant thefts, including careless parking, leaving keys in parked vehicles, using substandard handle locks, and parking in poorly lit or CCTV-free zones. Additionally, older vehicles with outdated locking mechanisms are more vulnerable to theft.

Police have introduced a series of preventive measures, urging vehicle owners to remain vigilant and proactive. One of the primary recommendations is the installation of GPS tracking systems, which allow owners to monitor their vehicles in real time, facilitating quicker recovery in the event of theft. Additionally, the police recommend use of wheel locking systems, making it more difficult for thieves to move the vehicle. Upgrading to high-quality handle locks is also advised, as many thefts occur due to easily breakable locks.

To further prevent theft, the police stress on the importance of parking vehicles in areas covered by CCTV, as this can deter criminals. Owners are also urged to avoid parking in dark, isolated areas, which are more likely to be targeted by thieves. Moreover, installing alarm systems or setting up SMS alerts can be highly effective, as these systems notify owners immediately if there is an attempt to tamper with or steal the vehicle. And of course, remembering to take your keys out when you go, is must we say key to protecting your vehicles.

Turn attention to microplastic pollution

CONTINUED FROM PAGE 1

Kendriya Vidyalaya Sangathan to identify and characterise microplastic pollutants in the water body.

Origin of pollutant

Researchers noted that microplastic pollutants such as polyurethane and polyamide materials are expected to originate from inlet water of industries or domestic waste, which may contain electronic materials, carpets, artificial fabrics, adhesives, skateboards, and elevators.

The study highlights that microplastic pollutants being discharged into lakes through domestic or industrial sewage may prove to be detrimental to health.

"Compounds such as polyurethane and polyamide are organic polymers typically formed by chemical reactions. There is growing evidence that these polymers when exposed to the environment produce hazardous products such as glycols and amines, which can be harmful to the respiratory system, and skin, and may have an impact on aquatic animals," noted the study.

Time for action

City-based experts say microplastic pollution in lakes is widespread and adversely impacts lakes' ecosystems. Considering their adverse impact on the health of living beings, the custodian of lakes in the city, which is BBMP, should manage this pollution on a war footing.

"Wetland ecosystems provide a multitude of ecosystem services and thus should be protected. Apart from regular ecosystem services, Bengaluru's lakes also help in the recharge of the groundwater table. If the microplastic pollution is not managed, our groundwater resources will soon get contaminated. Moreover, many studies in the past have connected microplastic exposure to cardiovascular issues. BBMP should immediately arrest the flow of sewage in all city lakes as the first step towards abating this pollution," said a city-based lake expert.

The research was published in the Journal of Environmental Biology.

Encroached upon

An inspection report of Yelemallappa Shetty Lake by the Karnataka State Pollution Control Board (KSPCB) shows that the area's lake buffer zone is encroached upon by residential layouts.

Per the report submitted to the National Green Tribunal (NGT), KSPCB has highlighted that two residential layouts are within the lake buffer zone. There is also a burial ground within the lake buffer zone. Apart from residential layouts, a few industrial units such as waste paper/plastic bailing units and scrap yards were also found within the lake buffer.

KSPCB has also apprised that the chain link fencing work taken up by the Minor Irrigation Department in December last year is partially completed. Only 3 km out of the total perimeter of 9.3 km have been secured so far.

According to officials from the department, fencing work has been interrupted due to residents' protests.

"The management of Sai Garden Layout has filed a case against the department which has not yet been disposed of. Hence, the fencing work is getting hindered. The contractor started the work in December last year and fenced 2 km of the lake's perimeter by March 2024. Subsequently, the general election was announced and the surveyors of the revenue department along with technical staff were assigned to the election duty. However, the work has restarted and the surveyor is marking the actual boundary of the lake to carry out fencing work as per said demarcations. So far, 4 kilometers of the perimeter has been secured with fencing," said an official from the Minor Irrigation department.

Sewage enters

Untreated sewage is also found entering the lake at multiple points, mostly from Hebbal Valley apart from some quantity from surrounding layouts. The lake's surroundings include 110 villages lacking a completed underground drainage network.

"Construction and demolition waste, garbage and plastic waste have been dumped all along the tank bund. Moreover, around 85% of the entire lake has been covered with water hyacinth (water weeds). The lake has been encroached at several points which are yet to be cleared. Also, few buildings and hoardings were noticed within the lake area," noted KSPCB in its report.

During the inspection, residents raised complaints about foul smell emanating from the water body, mostly due to sewage. KSPCB conducted the inspection a couple of months ago, following an order by NGT, in which the green court had directed the Board to file a report after a spot inspection.

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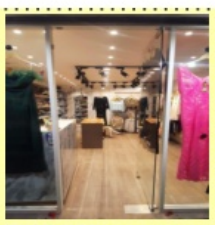

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personal

CHANGE OF NAME

I, DHARSHAN N V S/o. Sri. Venkatachalapathi K N, Resident at No. 32, Nisarga Nilaya, 3rd Floor, 4th Main, 2nd Stage, Nagarabhavi, Bengluru-560 072, have changed my name to DARSHAN N V vide affidavit dated 28.09.2024 Sworn before notary: V.Anjanappa, Bangalore

I, SABIHA HAMIDULLAH SHARIF w/o Hamidullah Sharif R/o C-10/1, Shariff House, Rachenahalli 1st Main Road, 1st Cross, Horeb Church Street, Sinthan Nagar, Thanisandra, Dr.Shivaram Karanth Nagar Post, Bengaluru 560077 have changed my name as SABIHA SHARIFF w/o Hamidulla Shariff.

I, Khadiza Saifuddin Barodawala W/o Hussain Mustansir Marfatia R/o No:- 5 & 6 Royal Residency Flat No 302 3rd Flr 22nd Main 2nd Crs Vinayakanagar Ramaswamy Lyt J P Nagar 5th Phase Bangalore 560078 have changed my name to Khadiza Hussain Marfatia for all purposes

I, Subhashini Yadavalli W/o Sambasiva Rao Yadavalli R/o 45-124-204 Near Park Ongole Mandalam Thovangunta AP-523262 have changed my name to Subhashini Illuri for all purposes.

I, Prasanna Venkatesh, R/o No.55/2 Pride Springfields, Flat No. D108, Sadhguru Padam, Gubbalala, Bangalore-560061, have changed my daughter name (minor) from Rahinishree to Rahini Shree.

I, Vikas P J R/O Konagavalli, Shivamogga Karnataka 577416 Have changed my name Vikasa P J to Vikas P J for all future purposes

LOST & FOUND

LOST SALE DEED

I, **Toprani Sachin Ravindra,** co-owner of Site No. 404, situated at Canterbury Castles, Melekote Cross, Doddaballapura, Bangalore Rural District, Declare that I have lost my Original Sale Deed **(Document bearing No. 104/2000-01 dated 15th April 2000,** near Hennur Road, Lingarajpuram, regarding this complaint **(Lost Report No.1260925/2024)** has been lodged on **26-09-2024.** So, if anybody finds the aforesaid Original Sale Deed Please Contact to this **Ph. No.99303 42124**

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HEALTH TIP: Alcohol and alcoholic drinks can also make the stomach produce more acid than usual

Bananas are extremely beneficial for gut and stomach health because of their high fiber content

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All you need to know about...

Fruits for immunity

Cherry
Cherries include melatonin, an antioxidant that aids in the fight against infections and inflammation. Aside from these, cherries are beneficial to your health in a variety of ways. They aid in the reduction of bad cholesterol and have anti-carcinogenic qualities. As a result, it aids in the relief of sleeplessness and headaches. Furthermore, cherries aid in the prevention of heart disease by lowering cholesterol levels and possessing anti-carcinogenic qualities. Cherries also help to lower excessive blood pressure and uric acid levels.

Peach
This is a fruit high in Vitamin A, B carotene, and C, all of which help to boost immunity. Peach is beneficial for skin protection and eyesight enhancement. It also aids in weight loss due to its high fiber content. Peaches are also high in fluoride, which aids in the prevention of tooth cavities. Peach is known as the "Fruit of Calmness" in Hungary owing to its capacity to ease tension, and anxiety, and establish mental calmness.

Jamun
These oblong, dark purple berries are beneficial to diabetics since it helps to manage blood sugar levels. It may successfully alleviate gastrointestinal disorders that are typical during this time of year. Jamuns are low in calories and high in minerals such as iron, folate, potassium, and vitamins.

Litchi
The fibres in litchi aid with acidity and indigestion. Litchi contains vitamin C, which aids in the treatment of a common cold obtained during the monsoon season. Litchi can also help asthmatics who have trouble breathing during the rainy season. Aside from these benefits, litchi is a well-known immunity enhancer for the human body. Litchi contains vitamin C, which aids in the treatment of a common cold obtained during the monsoon season.

—Femina

JUST DIG IN

Craving for street food, but don't want to step out? These recipes will get you sorted

Prep Time: 15 mins
Cooking Time: 45
Serves 4

PANI PURI

INGREDIENTS
Mint Chutney
Mint 50gm
Coriander 50gm
Green Chilli 20gm
Black Salt 5gm
Chaat Masala to taste
Tamarind Water
- Tamarind 50 gm
- Jaggery 50 gm
- Saunth Powder 10 gm
- Deghi Chilli Powder 20gm
- Water 100 ml
- Chaat Masala to taste

Potato Mix
- Potato 4 to 5 nos
- Cumin 5gm
- Salt 10gm
- Coriander 50gm
- Green Chilli 20gm
- Chaat Masala to taste

Puri
- Readymade Puri 50 nos

METHOD
Mint Chutney
- Wash and clean mint, coriander and green chilies.
- Blend mint, coriander and green chilies into a smooth paste.
- Season with black salt, and chaat masala.
- Add some ice water to the paste.
- Mix well and keep aside.

Tamarind Water
- Soak the tamarind in water.
- Bring the mixture to boil over medium-high heat.
- Turn off the heat. Let it cool.
- In a separate pan, add jaggery, saunth powder and Deghi chili powder.
- Cook until the jaggery dissolves completely.
- Add the seasoned jaggery syrup to tamarind water mixture.
- Season with chaat masala.
- Add some ice to the tamarind water.
- Set it aside in the refrigerator to cool.

Potato Mix
- Boil the potatoes until they are fully cooked.
- Set it aside to cool.
- Mash the boiled, peeled potatoes into a creamy, but chunky mix.
- Add chopped green chilies, coriander and Deghi chili powder and mix well.
- Season with salt and chaat masala.

Putting It All Together
- Take a puri and gently make a hole on the top using your thumb.
- Fill the puri with the potato mix.
- Drizzle mint chutney over the filling.
- Dip the puri in tamarind water and enjoy.

Prep Time: 45 mins
Cooking Time: 20
Serves 5

COMMERCIAL STREET CHILLI BHAJJI

INGREDIENTS
Potato Filling
- Salan Mirchi (Curried Chilli Peppers) 150 gm
- Potatoes 50 gm
- Coriander Leaves 20 gm
- Amchoor Powder 5gm
- Turmeric Powder 5gm
- Red Chili Powder 10gm
- Oil 500gm
- Salt 10gm

Batter
- Gram Flour (Besan) 100gm
- Rice Flour 20gm
- Ajwain (Carom Seeds) 5gm
- Baking Soda (Optional) 2gm
- Salt 15gm
- Water as needed

METHOD
For the Potato Filling
- Boil the potatoes in a pressure cooker. Let it cool.
- Peel and mash the potatoes.
- Add in the coriander leaves, red chili powder, turmeric powder, amchoor powder and salt.
- Mix well and keep aside.

For the Batter
- In a separate bowl, add water to gram flour, ajwain, baking soda and salt.
- Heat some oil. Add in 1 to 2 teaspoons of the hot oil to the batter.
- Whisk briskly non-stop for 2 minutes until light and fluffy.

Assembling the Bhajji
- Cut a salan mirchi in half and stuff it with the potato filling.
- Coat the stuffed mirchi in the batter.

Frying the Bhajji
- Heat oil for deep frying.
- Fry the bhajji on medium heat till crisp and golden brown.
- Remove the bhajji from the oil and place on kitchen paper towels to soak excess oil.
- Serve hot or warm with a chutney of your choice.

Executive Sous Chef Dattatray Jadhav, Renaissance Bengaluru Race Course Hotel

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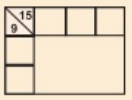
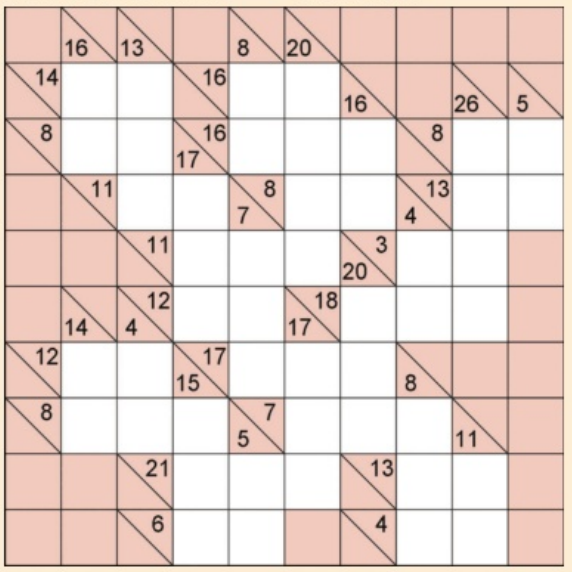
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



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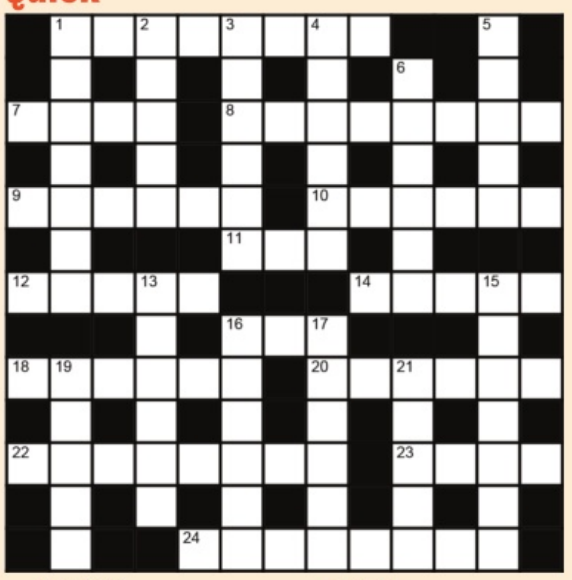


ACROSS

1 Tale told to evoke pity (3,5)
7 Nil (4)
8 Ongoing (5,3)
9 Co-creator of Communism (6)
10 Liken to (6)
11 Silent (3)
12 Parents (informal) (5)
14 Child in Scotland (5)
16 Family (3)
18 ___ City: Bangalore of course (6)
20 Make certain (6)
22 Edible snail (8)
23 Traffic way (4)
24 Endeavours (8)

DOWN

1 Investigate or examine (3,4)
2 Penniless (5)
3 Platitude (6)
4 Repossess; buy back (6)
5 Not plentiful (5)
6 Wound or shock (6)
13 Abduct for a ransom (6)
15 Studies again (2-5)
16 Chesspiece (6)
17 Snuggle down (6)
19 Item of property (5)
21 Fragment of cloth (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: Y EQUALS G

XMJ BEL QEIF EUMJQ ELX-QZGLY GC XMJ YM EUMJQ GQ QZS VGYZQ PEX, PZGBZ GD LSNSV AEIGBGMJD.

Linemaro

Do you have a name? Or can I call you mine?

Mindchow

Ask yourself if what you are doing today is getting you closer to where you want to be tomorrow

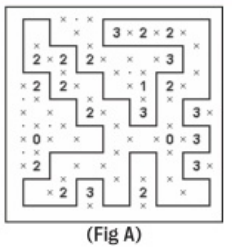
Joke of the day

Dwarves and midgets have very little in common

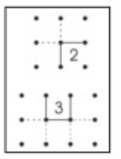
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

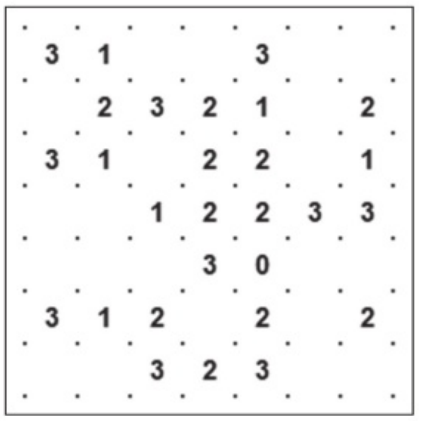


(Fig B) Not Allowed

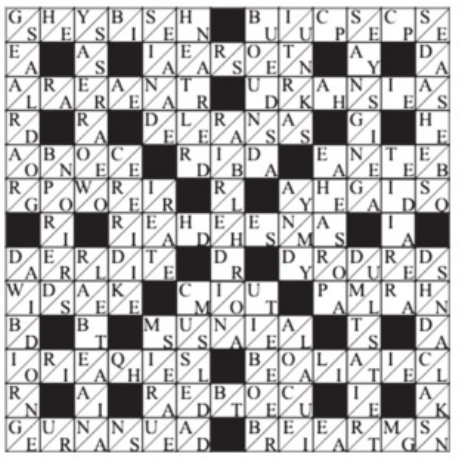
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



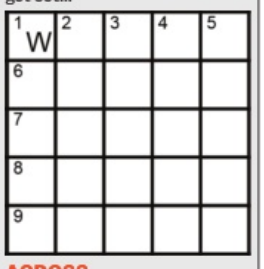
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Swat F; 6 A hoar;
7 Let or; 8 Ree Nu;
9 Prams

DOWN

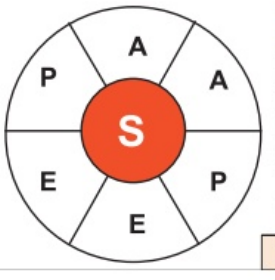
1 Real W; 2 An are;
3 Of rum; 4 Port H;
5 Seats

Mensapuzzle

In this alphametic, substitute the digits 0 through 9 to form an addition problem about a U.S. president's former profession.
Let A = 2, C = 5, D = 9 and R = 8.

```
  R O N A L D
+   A C T O R
-------------
  R E A G A N
```

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

01 Average; 02 Good; 03 Outstanding

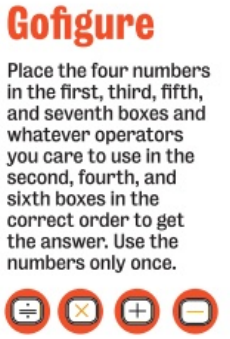
SudokuChallenge

1			9	7	4			2
4	8		1		3		5	7
		4		3		7		
6	2						1	5
		1		9		2		
5	9		3		8		7	1
2			7	1	5			8

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy = 5
2 3 7 7

Medium = 1
1 3 3 6

Hard = 9
4 4 5 4

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

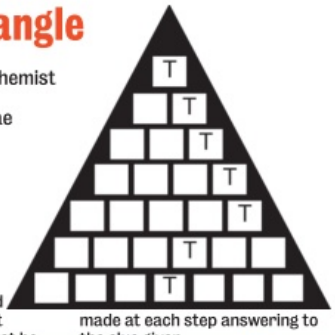
Differences: 1. Arm is moved. 2. Back of chair is different. 3. Light is higher. 4. Paper is different. 5. Back of computer is different. 6. Sweater is longer.

Riddler

Crack the code to find three illnesses: MCZYN-STETD, CFMPWWL, XPLDWPD. Code is sequential i.e. if you think A = G then it will follow that B = H, C = I, and so on

Alpha triangle

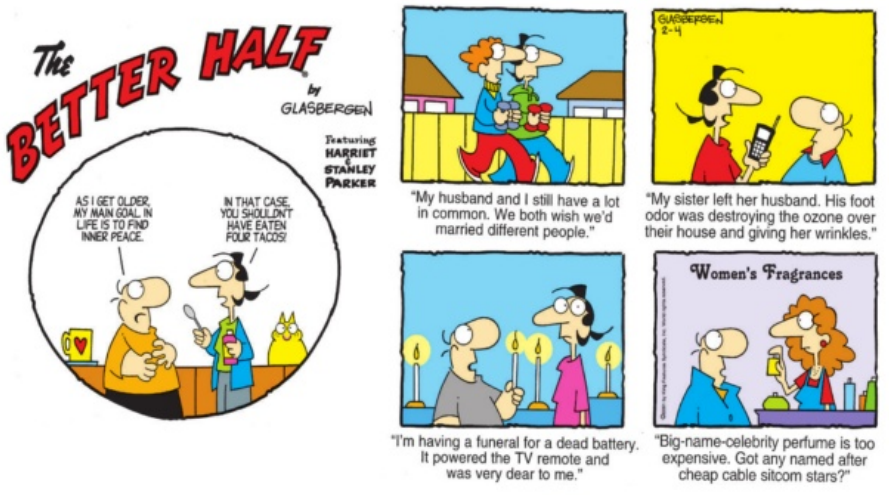
1 20th letter
2 Astatine for the chemist
3 Posed
4 Dramatis personae
5 Seashore
6 Cuba's Fidel
7 Components



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS


The BETTER HALF
by GLASBERGEN
Featuring HARRIET & STANLEY PARKER
AS I GET OLDER, MY MAIN GOAL IN LIFE IS TO FIND INNER PEACE.
IN THAT CASE, YOU SHOULDN'T HAVE EATEN FOUR TACOS!
"My husband and I still have a lot in common. We both wish we'd married different people."
"My sister left her husband. His foot odor was destroying the ozone over their house and giving her wrinkles."
"I'm having a funeral for a dead battery. It powered the TV remote and was very dear to me."
Women's Fragrances
"Big-name-celebrity perfume is too expensive. Got any named after cheap cable sitcom stars?"

BABY BLUES
BY RICK KIRKMAN & JERRY SCOTT
I WAS JUST THINKING ABOUT HOW GREAT YOU LOOKED THIS MORNING.
YOUR SKIN WAS GLOWING, YOUR HAIR WAS SHINY...
MOTHERHOOD REALLY AGREES WITH YOU.
THANK YOU.
SO FAR, IT'S THE ONLY THING THAT DOES.
YOU'RE WRONG! THIS SHIRT LOOKS STUPID!!
NO! NO! NO! NO!
FORGET IT! YOU CAN'T MAKE ME!

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may be very happy, but you will be busy at work. Your seniors may be happy and appreciate your work. You may likely have changes in your place, position or responsibilities at work, in terms of promotions. Your opponents and hidden enemies may be under control now. Singles and love birds may make important decisions in terms of marriage with the help of relatives or friends.

Taurus Apr 21 – May 20
Today the messy situation is under control. You are blessed by the moon. You may initiate your postponed work. With the blessing, you may get the reward for your hard work. There are gains in your business which may boost your finances. You may spend money on artefacts or literature. You may also plan to travel overseas.

Gemini May 21 – Jun 21
Today, you may be busy with family issues. You may explore your extra sources of income in terms of gains. You might take an interest in artefacts, movies, and glamour which may improve your creativity. Love birds have a clear view in terms of their relationships. Students may now go ahead towards their aim in terms of career.

Cancer Jun 22 – July 23
Today, you may not feel well, you might have health issues. Which may affect your profession and domestic life. You may likely be upset due to your spouse's health issues. Your patience may be tested many times. You are advised not to make investments in new business projects, otherwise you may face losses. Students are advised to avoid fantasy and should work hard in their studies.

Leo Jul 24 – Aug 23
Today, you are blessed by a positive moon. You may feel healthy, old health issues may be cured now. The amount, which was stuck somewhere, may likely be recovered now. You may also apply for a loan to buy some stuff related to luxury.

Virgo Aug 24 – Sep 23
Today you may feel very dull. It may make you lazy and careless, you are likely to be unfocused at work, and impatience may pull you down negatively. Kids and spouse health may make you upset. You are advised to avoid making investments in assets. Love birds should avoid making arguments in family matters.

Libra Sep 24 – Oct 22
Today you may find negative vibrations around you, which may make you unhappy, you are advised to avoid making investments in worthless assets. Your friends are not likely to be supportive today. So you should not expect more from them in terms of help, otherwise, it may make you more upset. You are advised to follow intuition before making important decisions today.

Scorpio Oct 23 – Nov 22
Today you may be able to implement business plans successfully with the support of your subordinates. You may be involved in social or family get-togethers, which may boost your network. You may likely go for short business-related travels, which may give you benefits shortly.

Sagittarius Nov 23 – Dec 22
Today is a good day, your financial health is likely to be good. You may get benefits from your past investments. You may be in control over your spending on worthless pieces of things, which may boost your savings. Love birds are advised to be polite in the conversation with their partner, otherwise there may be some conflicts between them.

Capricorn Dec 23 – Jan 20
Today you are blessed by the moon, a good day for you. You have good vitality and energy. You may enjoy at work, may enjoy romantic moments with your spouse, which may improve family harmony. You are likely to make new plans to start some new project, your perfection may help you to design the flow chart. Job aspirants will find a good job. Love birds are advised to avoid discussions on worthless topics.

Aquarius Jan 21 – Feb 19
Today you may be disappointed. You are advised to control your arrogance, otherwise you may face losses due to your speaking. Love birds should be careful in discussion otherwise, relations may be affected.

Pisces Feb 20 – Mar 20
Today, you are blessed by the moon, and new sources of income may likely open. Your past investments will now start paying in terms of profits. Your losses will convert into profits, which will boost your financial health. Health issues related to parents may be resolved.

KIDZONE

Reah Elena, Bengaluru

Ananya Vastare, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
((4 x 50)³)/50³
[4³ x (50³)]/50³
4³ x 50³⁻³
4³ x 50²
4³ x 1
4³
64

BULL'S EYE
APPEASE, ease, seep

STRIKE OUT

S	H	Y	I	S	H		B	I	C	E	P	S		
E		A		A	R	O	N		A		A			
A	R	R	A	N	T		U	K	A	S	E	S		
D		R		D	E	A	N	S		I		H		
O	B	O	E		D	I	D		A	N	T	E		
G	O	W	E	R		L		A	E	G	I	S		
R		R	E	D	E	E	M	S		A		A		
A	E	R	I	E		R		Y	O	U	R	S		
I	D	E		M	O	T		P	L	A	N			
D		T	S	U	N	I	L		S		A			
I	R	A	Q	I	S		B	A	L	T	I	C		
N		I		R	E	B	E	C		E		K		
G	U	N	N	E	D		R	E	A	R	M	S		

QUICK

		T		A	T	T	E	M	P	T	S			
		E		P		H		L		A		D		
E	S	C	A	R	G	O	T			R	O	A	D	
	S		N			S				C		E		
G	A	R	D	E	N		E	N	S	U	R	E		
		I		K	I	N				E				
F	O	L	K	S		B	A	I	R	N				
		T		M	U	M		M						
E	N	G	E	L	S		E	Q	U	A	T	E		
I		K		I		E		A		N				
Z	E	R	O		U	N	D	E	R	W	A	Y		
	E		R		R		E		T		C			
S	O	B	S	T	O	R	Y				S			

MENSA PUZZLE
832627
807219
+254 08
- - - - - - -

QUOTE UNCODE
You can talk about anything if you go about it the right way, which is never malicious.

SUDOKU

9	3	7	8	5	2	1	4	6
1	6	5	9	7	4	8	3	2
4	8	2	1	6	3	9	5	7
8	5	4	2	3	1	7	6	9
6	2	9	4	8	7	3	1	5
3	7	1	5	9	6	2	8	4
5	9	6	3	2	8	4	7	1
2	4	3	7	1	5	6	9	8
7	1	8	6	4	9	5	2	3

ALPHA TRIANGLE
T, At, Sat, Cast, Coast, Castro, Factors.

LOOP
Easy
2 - 7 + 3 + 7 = 5
Medium
3 + 5 - 6 + 1 = 1
Hard
4 / 4 x 5 + 4 = 9

GO FIGURE

KAKURO

FAST FIVE

W	A	F	T	S
A	R	O	H	A
L	E	R	O	T
E	N	U	R	E
R	A	M	P	S

RIDDLER
Bronchitis, rubella, measles (A becomes P, B becomes Q, etc).

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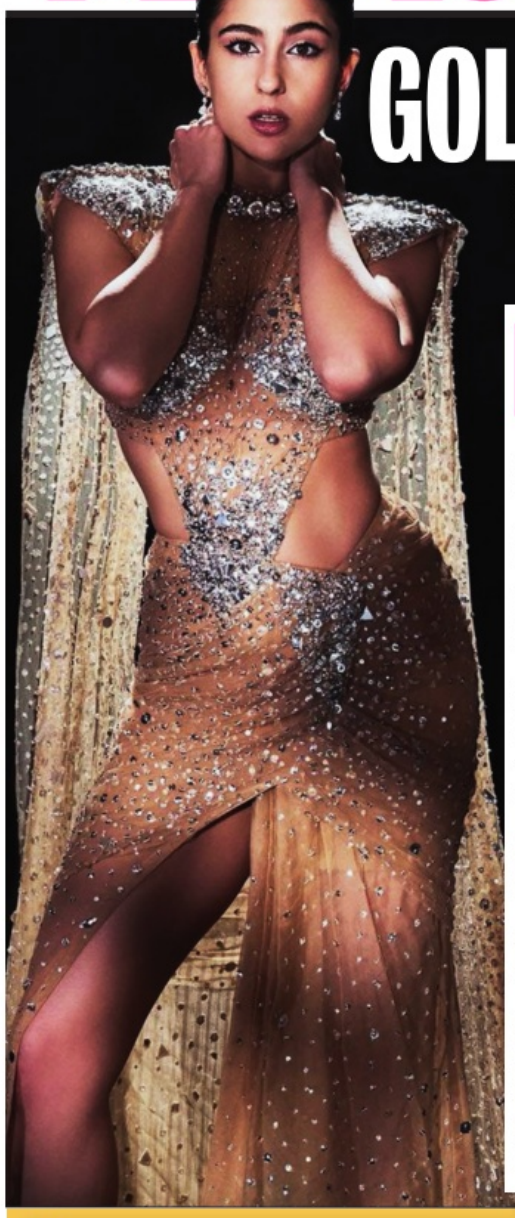
Birthday party— Actress Mouni Roy celebrated her 39th birthday on Saturday by sharing beautiful glimpses from her vacation in the Maldives, along with her husband, Suraj Nambiar



GOLDEN BEAUTY

Sara Ali Khan radiates retro glamour in stunning gown

Bollywood diva Sara Ali Khan delighted her fans on Saturday by unveiling a stunning look in a glamorous golden gown adorned with shimmering silver accents.

The captivating ensemble highlighted her radiant style and elegance, showcasing Sara's flair for fashion and her ability to turn heads wherever she goes.

Taking to Instagram, Sara, who boasts 45.8 million followers, shared a stunning series of photos showcasing her in a sleeveless golden gown embellished with silver accents, featuring an open waistline and a daring thigh-high slit. The gown was complemented by a matching cape that added a dramatic flair to her look.

For her makeup, Sara chose pink glossy lips, winged eyeliner, and contoured cheeks, enhancing her glamorous appearance. Her hair was styled in a chic top bun, exuding retro vibes, and she completed the ensemble with striking silver earrings, and silver heels, creating a captivating overall look.

The post is captioned as: "Not out of place in outer space". On the personal front, Sara is the daughter of actors Saif Ali Khan, and Amrita Singh. Her parents got separated in 2004. She has a younger brother Ibrahim.

Sara made her acting debut in 2018 with Abhishek Kapoor's romantic inter-faith love story 'Kedarnath', alongside late actor Sushant Singh Rajput.

She has then featured in action film 'Simmba', directed by Rohit Shetty and produced by Rohit Shetty Picturez, Reliance Entertainment and Dharma Productions. The movie starred Ranveer Singh, Sonu Sood and Ajay Devgn reprising his role of 'Singham' in a cameo role. Sara has also been a part of movies like 'Love Aaj Kal', 'Coolie No. 1', 'Atrangi Re', 'Gaslight', 'Zara Hatke Zara Bachke', and 'Murder Mubarak'.—IANS

The matriarch

Meryl Streep is set to lead a new television adaptation of Jonathan Franzen's critically acclaimed novel 'The Corrections' at CBS Studios.

The Oscar and Emmy-winning actress will portray the matriarch of a Midwestern family in a project that marks a second attempt to bring the story to the small screen, according to The Hollywood Reporter.

CBS Studios is currently in the early stages of developing this drama, with Franzen himself adapting the 2001 novel and serving as an executive producer.

This new adaptation follows a previous effort by HBO, which filmed a pilot in 2012 featuring Chris Cooper and Dianne Wiest but ultimately chose not to move forward with the series.

The rights to Franzen's novel have been held by Paramount since producer Scott Rudin acquired them in the early 2000s.

Recently, the project transitioned from Paramount Television Studios to CBS Studios following the shutdown of PTVS last month, according to The Hollywood Reporter.

'The Corrections' won the National Book Award in 2001 and explores the complexities of a Midwestern family as they come together for a Christmas gathering while navigating the patriarch's declining health.

Streep's character, the family's mother, is particularly focused on creating a memorable final celebration before her husband's dementia worsens, according to The Hollywood Reporter.

Currently, Streep can be seen in Hulu's 'Only Murders in the Building', and her recent projects include the second season of HBO's 'Big Little Lies' and films such as 'Don't Look Up', 'Let Them All Talk', and the 2019 adaptation of 'Little Women'. —ANI

Too many twists spoil the plot

NITE ROAD

2.5 RATING ★★½☆☆

- **DIRECTOR** Gopal Halepalya
- **ACTORS** Dharma, Girija Lokesh, Jyothi Rai, Renuka Shikari, Rangayana Manju, Manju Krish, and Sachi
- **CERTIFICATION** U/A
- **Duration** 122 minutes

This movie created a lot of buzz when its title - Nice Road - was changed to Nite Road. And though director Gopal Halepalya, who has also bankrolled the movie, tried his best to make it interesting, it failed to meet audiences' expectations.

The movie begins with a woman desperately calling the police to save her from Kalyan (Sachi), a drug addict. Kalyan is the brother of Police Inspector Deeksha (Dharma). Dheeksha tries to nab Kalyan but the latter escapes. Later Deeksha comes to know that his brother is killed in a road accident on Kadathi Road. He visits the spot and comes to know that people are getting killed on the same spot on a particular day.

Police informers tell him that Soorappa (Manju Krish) was also killed on the same spot. The police inspector meets a mutt chief who tells him that there are doppelgangers at different places. You have to watch the Nite Road to know what happens to the police inspector.

As far as the performances of actors are concerned, Dharma is convincing as a police officer. Jyothi Rai, Girija Lokesh, Govinde Gowda provide good support. The cinematographer has done a neat job behind the camera. The road between Bangalore and Mysuru is a visual treat. Comedy scenes are not up to the mark.

The director deserves a pat on the back for conveying that no one escapes from their karma. The movie suffers from the lack of songs and action scenes.

All in all, we suggest you catch the movie only if you have nothing else planned.

—Y Maheswara Reddy

On the value of relationships

SANJU

3.0 RATING ★★★☆☆

- **DIRECTOR** Yethiraj
- **ACTORS** Manvith, Shravya, Yethiraj, Apoorva, Bala Rajwadi, Mahantesh Hiremath, Chaitra
- **CERTIFICATION** U/A
- **Duration** 113 minutes

Sanju is Yethiraj's sixth movie as a director. He debuted as a director in Sandalwood with Poorna Satya that was released seven years ago. His latest movie focuses on relationships and responsibilities of parents as well as children. It also emphasises that no one is immune to problems and people need to have patience and focus to solve problems and get on with life. Beautiful locations of Kodagu are a visual treat.

The movie begins with Devu (Yethiraj) and Parvati (Apoorva) who own an eatery near a bus stop. Sanju (Manvith) visits the eatery and asks for lemon rice but he has to forgo it for the sake of a beggar. While waiting at the bus stop, he sees Saru aka Saraswati (Shraavya) coming to the bus stop in a hurry. He tries to speak to her but she avoids him. After a few hours, impressed by Sanju's good behaviour, she comes close to him. At this juncture, he narrates how he was in a relationship with Sinchana (Chaitra) and how the relationship was broken and how his mother Janaki (Sangeetha) helped him come out of depression. Saru also narrates under what circumstances she came to the bus stop. You must watch the film at the theatre if you want to know what happens to Sanju and Saru.

As far as the performances of the actors are concerned, Manvith is convincing as an affectionate lover and a good Samaritan. He is good in action scenes. He will have a bright future in Sandalwood if he focuses on acting. Shravya is beautiful and she walks away with all honours for her sterling performance. Sangeetha, Bala Rajwadi, Yethiraj, Apoorva, and Mahantesh Hiremath provide good support.

Had the director ensured the screenplay was crisp in the pre-intermission session, Sanju would have been a better movie. The first half of the movie looks a little bit of a drag. The movie gains momentum in the second half.

You can go with your family to catch this movie.

—Y Maheswara Reddy